

THE PROSPECTOR



Vol. 5, No. 20

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

October 27, 2016

Nutritional supplements

Barstow's Air Program a success

Red Ribbon Week





On The Cover:

Front Cover: Laurie Pearson

Casey Carlson poses for a photo in a Light Armored Vehicle before a test track demonstration as part of Jane Wayne Day aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., Oct. 14. The event allowed military spouses to get a taste of life as a service member and included tours, a modified Combat Fitness Test and a shooting competition.

Back Cover Compiled By: Laurie Pearson

Red Ribbon Week Campaign



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On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

http://www.twitter.com/#!/MCLB_Barstow





Photo by: Keith Hayes

Navy Lieutenant Commander Jeffrey Patton, Public Works Officer, Marine Corps Logistics Base Barstow, addresses residents and guests at the Veterans Home of California - Barstow during a celebration of the U.S. Navy birthday, Oct. 13. There were more than 25 U.S. Navy veterans present to celebrate the 241st birthday of the founding of the world's largest and most influential naval presence.

Got news? Call us! (760) 577-6430

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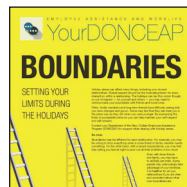
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Leave Share Program

Individuals currently affected by medical emergencies and in need of leave donations:

Jacqueline Griffin

Yvette Costilla

Louis Trifos

Noah Glaza

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 577-6915.

Sugar Loaf Social Right Hand Man Night Fri. Nov. 4 4-10 p.m.

Join us for the last Sugar Loaf Social until 2017! The bar will be open til 10 p.m. with Happy Hour drink specials from 4 - 6 p.m. and you can order from the new pub style menu! DJ music on site as well.

Burn Your Own Steak Night Football Thursday Sugar Loaf Bar James L. Day Conf. Center Thur. Nov. 17 4 - 9 p.m.

Come to Burn Your Own Steak Night and wear your favorite football jersey! The \$13.50 per person fee includes 8 oz., ribeye steak, salad, corn on the cob and baked potato. The grill is open from 4-7 p.m. Happy hour drink specials from 4-6 p.m. Call 577-6264 for more information.

Screens and Strikes Family Movie Night Desert Lanes Bowling Center Friday Nov. 18 5 - 7 p.m.

We'll be watching the family friendly movie "The Angry Birds Movie." For more information contact Desert Lanes Bowling Center at 577-6264 or visit www.mccsbarstow.com/bowling/

October is Energy Action Month 2016

Energy Action Month is designed to bring attention to energy use and conservation. Some energy conservation habits and actions include: develop energy and water saving habits; talk to others about energy use; read materials that teach how to save energy and water, and understand how these resources impact the Marine Corps; consider how energy is used at offices, in warehouses, in vehicles, in barracks, and in homes. For more ways to save energy, go online at www.energy.gov or contact Tony Mesa, installation energy manager, at 577-6183 or anthony.mesa@usmc.mil.

Self Defense Class Semper Fit Gym Wed. Nov. 16 6 - 8 p.m.

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-education/.

FREE ADMISSION USO Show Troupe from New York City James L. Day Conf. Center Saturday Nov. 12 3 p.m.

Baby Boot Camp Desert Housing Community Center Wed. Nov. 16 10 a.m. - 2 p.m.

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for fun and entertainment. Children are welcome! For more information call 577-6533.

DONCEAP Free Benefits Available 24/7

Employees today face challenges juggling work and family. It is not uncommon to become overwhelmed or stressed by relationships, school, health, finances, work, family or other issues which could impact your quality of life. The Department of Navy values its civilian employees and their families. The Department of Navy Civilian Employee Assistance Program provides a comprehensive support package to include work and life benefits such as childcare, finances, eldercare, identity theft and legal services, substance abuse treatment and more, at no charge. These services are confidential, within the limits of the law. Call or visit us online, 24 hours a day, 7 days a week, 365 days a year. Help is available whenever you need it at 1-844-DONCEAP/1-844-366-2327, TY: 1-888-262-7848/International: 1-866-829-0270 or via the internet at www.DONCEAP.foh.hhs.gov. For more information contact HRO at 577-6915.

VPP Corner: Rewards for acting safely

Story by: Keith Hayes
Public Affairs Specialist

Everybody aboard Marine Corps Logistics Base Barstow knows that workplace safety is a critically important issue and that they should report any unsafe conditions they see, but now you can actually get a reward for doing just that.

Sara Montez-Diaz and Beth Claro are not only safety specialists working with the Base Safety Office at MCLB Barstow, they are also members of the Voluntary Protection Program committee working to ensure the base is recertified as a VPP Star Site in December.

Montez-Diaz said they have three programs going to encourage and thank people for reporting unsafe working conditions and to prompt people to volunteer for committees to accomplish that same goal.

"Those programs are the 'Thanks for reporting a potential hazard,' 'Caught working safely,' and 'Thanks for participating,'" Montez-Diaz said.

Employees who report unsafe working conditions, or participate in one of the many VPP committees aboard base or who do something to further the safety of employees can get special cards from their supervisor, manager or collateral duty safety officer, she said.

"They scratch off the foil on the card to win one of several prizes."

"The 'Thanks for participating' cards are given to people who volunteer to work on the many VPP committees such as the people who worked at the booth at the recent Fire Prevention Week barbeque," Montez-Diaz said.

The "Thanks for reporting a potential hazard" cards are given to people who take the time to report an unsafe condition.

"A good example is the cement is coming up due to a tree root and it's a trip hazard, someone could see that and think 'Oh, that's such a small thing, it's no big deal, so I'm not going to bother reporting it,'" Montez-Diaz said.

"Come in and report it and you will get a card that will win you a prize," she said.

"We've had people come in with a picture on their phone of what looks like an exposed electrical wire," Claro said. "We checked it out and it turned out not to be live, but the person who reported it got a card and won a prize."

"The employee doesn't have to do anything else. We'll make the determination if the situation is unsafe and take the right action to correct it," she said.

The 'caught working safely' cards we've had for about three years now, but we've noticed not a lot of people know about it," Montez-Diaz said, "so we'd like CDSOs, managers and supervisors to come in to the safety office and pick up some of these cards to hand out to make people more aware that safety is everyone's responsibility."

"If you tell people that they're getting a reward for being safe, they're more likely to report something than just ignore it, especially if it seems like a small thing," Claro said.

"Of course, you can also report anything anonymously

through ESAMS or at the 'Anymouse' box," Montez-Diaz said, "that's what they were intended for."

In 2008 MCLB Barstow became the first Marine Corps base to be VPP certified, Montez-Diaz said. The Commandant of the Marine Corps visited the base to recognize the base for this huge accomplishment.

"Recertification happens every three to five years so this is the second time around for us," she said.

Montez-Diaz said the members of the federal OSHA team are coming to MCLB Barstow Dec. 5 - 9 to see if the base can continue its VPP status.

"They're going to get a list of all of the employees on the Nebo side of the base and they want to question about ten percent of them," Montez-Diaz said. "That's around thirty five formal interviews and they're also going to stop people randomly on base to ask questions."

"We're going to have sample questions prepared that we think the OSHA survey team might ask and people can come in to learn more about this," she said.

"We've mentored a lot of other military facilities, not just Marine bases, in the Department of Defense, and being a Special Government Employee means we can also go out and mentor private sector industry and companies," Montez-Diaz said.

"We've mentored GE and Coors, for example, and I've been to (Whidbey Island Naval Air Station in Oak Bay, Wash.,) to audit their VPP program," she said.

Everybody can benefit from having employees who are vigilant about keeping their coworkers and themselves safe, Montez-Diaz said, adding in essence, a rising tide lifts all boats.

"Safety is everyone's concern because seeing and reporting an unsafe condition will keep you and everybody else safe. How would you feel not reporting something and a coworker is injured or is unable to work because you failed to take action? If you see something, report it, get the situation corrected and win a prize."



Photo by: Carlos Guerra

Various VPP paraphernalia ranging from mugs to coolers are available to participants for their support of the base safety program.

Marines and nutrition

Story by: Laurie Pearson
Public Affairs Specialist

Dietary and nutritional supplements are all the rage in fitness today. So, Shelley Lamey, fitness expert and director of Semper Fit Gym has taken the time to provide information in this, the second article in a series of three regarding nutrition, supplements and weight loss.

Supplements are not intended to replace a healthy food source within a diet.

“Dietary supplements are products taken by mouth which contain a ‘dietary ingredient’ intended to supplement the diet,” explained Lamey. “Supplements are vitamins, minerals, herbs, botanicals, amino acids, protein powder, enzymes,

organ
tissues,
gland
tissues, or
secretions.
For
instance,
a multi-
vitamin and
mineral
supplement

can be taken for added insurance, but a pill will never take the place of whole food and is missing many healthy components.”

Some potential healthy and beneficial supplements include a multi-vitamin; whey protein isolate; caffeine; fish oil; vitamin D.

“Whey protein can be taken after a workout, but you can simply consume food high in protein with some carbohydrates for a lot less money, like chocolate milk,” said Lamey. “It is important to only take recommended doses of all supplements. More is not better.”

There are two primary types of protein supplements to consider: Whey versus casein protein.

6 “Whey protein is fast-acting and is high in

Branch Chain Amino Acids which help build muscle mass and strength,” Lamey explained. “Whereas, casein protein is slow-acting and high in glutamine, which helps with physiological stress. Consuming a combination of both may be more beneficial than just one or the other.”

When given the option, Lamey said to eat good food first. Some good food sources of protein are in dairy products such as milk, cottage cheese, ricotta cheese, and yogurt.

“Branched Chain Amino Acids are among nine essential amino acids,” Lamey explained. “These BCAAs do not enhance athletic performance, but affect muscle recovery and the immune system.”

The amount of protein a person needs is based

on several
factors to
include weight
and exercise
regimen.
“Take your
weight in
pounds and
divide by two
to get the
minimum

amount of protein, in grams, which you need per day,” Lamey said. “The maximum daily amount is one gram of protein per one pound of (lean) body weight.”

It is possible to get too much protein in one’s diet.

“Too much protein causes kidney strain because of a buildup of toxic ketones,” she explained.

“Ketogenic (high protein) diets can thrust your kidneys into overdrive in order to flush these ketones from your body. As your kidneys rid your body of ketones, you can lose a significant amount of water, which puts you at risk of dehydration.

You also run the risk of it converting to fat because too many calories, whether as fat, protein, or carbohydrates, can all be stored as fat.”

There are a lot of myths about protein, and how it

Branched Chain Amino Acids: Supplements vs. Food Sources

Protein Source	Isoleucine (grams)	Leucine (grams)	Valine (grams)
• Whey Pro 1 scoop	1.4	2.3	1.3
• 2 amino acid supplement	1.0	1.4	0.8
• Chocolate Milk, 16 ounces	1.2	1.9	1.1
• Cottage Cheese, 8 ounces	1.7	3.0	.7
• Tuna, 6 ounces	2.0	3.5	4.5
• Chicken/Turkey 6 ounces	2.0	3.5	2.5
• Lentils 8 ounces	1.3	1.7	1.2

tional supplements

effects athletes. The research is ongoing.

“The misguided theory is that if you eat a lot of protein, you will build a lot of muscle, but extra protein does not build extra muscle, exercise does,”

Protein: Supplement vs. Food Costs

	Grams of protein/serving	\$/serving
Egg Whites, 2	7	\$0.21
Milk, 1	8	\$0.31
Meat, deli, 4 oz.	32	\$1.25
Tuna, 6 oz. can	40	\$1.00
Protein Bar	23	\$2.29
Whey Pro, 1 pkt.	38	\$2.70

she said. “Weight lifting, push-ups, and resistance exercises build and strengthen muscles.”

Another consideration for protein sources is the cost of healthy food versus supplement costs.

“Supplements cost more,” said Lamey. “Don’t throw your money away!”

Additional concerns about supplements include: lack of Food and Drug Administration regulation; lack of government testing required; cost; effectiveness.

Many supplements have been banned, she said, due to illness and in some cases death, such as products containing Ephedra or Tryptophan.

The Navy and Marine Corps Public Health Center website declares the following on the subject of stimulants:

“Stimulants are a category of substances that alter the communication between your brain and the rest of your body. Although there are several legal stimulants, such as caffeine, illegal stimulants must be avoided at all costs. Two stimulants, ephedrine, and dimethylamylamine (DMAA), have been banned by the U.S. Food and Drug Administration from use in all forms of dietary supplements, such as energy drinks, protein powders, and performance enhancing gels. As such, the Department of Defense prohibits the sale of these products at Military

Exchanges, and service members are barred from taking supplements with ephedrine and DMAA. These stimulants can cause an increase in heart rate, raise blood pressure, and disrupt sleep. They can also be highly addictive, much like cocaine and wother illegal drugs.”

One of the reasons that supplements can be dangerous is due to a lack of testing.

“Supplements are not banned until after illness, liver damage, heart problems, and death have occurred,” said Lamey. “Don’t buy supplements online! You don’t know what you’re getting, and you may even pop positive on a drug test! Let alone cause kidney and liver damage.”

The Navy and Marine Corps PHC website confirms this and further states that “some supplements have been found to cause irregular heartbeat, stroke, headaches, or other unfavorable reactions. They may increase or decrease the effectiveness of prescription or over-the-counter medications.” In addition, they state that “although a supplement facts label that discloses actual ingredients and net contents is required on all products, many manufacturers engage in misleading tactics.”

If an athlete does buy supplements, Lamey recommends “being smart” in those purchases.

“Use well-known brands and take only the recommended dose,” she said. “Also, always check with your doctor or a registered dietitian before taking supplements.”

For additional information about nutrition and supplements which may be appropriate for your athletic needs, contact Shelley Lamey at Semper Fit Gym at 577-6817. You may also find additional information at the following website: http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_January_FS_Supplements_Health_Impacts.pdf



MCLB Barstow's Air Program a success

Story by: Laurie Pearson
Public Affairs Specialist



Photo by: Carlos Guerra

Benjamin "Cody" Leslie, Air Quality Program manager poses with Col. Sekou S. Karega, base commander and Sgt. Major Sergio Martinez Ruiz, base sergeant major with his awards for Base Employee of the Quarter and Employee of the Year with Installations and Logistics.

Benjamin "Cody" Leslie, Air Quality Program manager with Environmental Division aboard Marine Corps Logistics Base Barstow, Calif., was awarded both, Employee of the Quarter for MCLB Barstow, as well as Employee of the Year with Installations and Logistics, during

a ceremony held at the Maj. Gen. James L. Day Center, Oct. 18.

The awards fall on the heels of inspections held in August, during which the Air Quality Program not only passed but exceeded expectations.

"Recently Mojave Desert Air Quality Specialist Danielle Ramos completed the annual air quality compliance inspection of the USMC Yermo and Nebo facilities," stated Bret Banks, Deputy Director of Compliance Group with MDAQMD in an email to Mr. Leslie. "I just completed my review of Danielle's inspection report and facility notes. Danielle came away from the annual inspection very impressed with your air program and the program elements you have instituted to ensure compliance with the facilities' air quality permit requirements. I wanted to acknowledge the efforts you have taken to develop a strong air quality program at the Yermo and Nebo facilities."

The MDAQMD sent Danielle Ramos, air quality specialist, to conduct the inspection, to ensure compliance with local, state and federal air quality mandates.

"The Clean Air Act came into existence in 1970," Leslie said. "Then in 1990 it was amended to include Title V. This falls under the Environmental Protection Agency. At the state level, we have to meet California Air Resources Board regulations and then on a local level we work with the MDAQMD. An air permit

(with MDAQMD) is required for all permanent equipment on base which produces emissions, such as generators, gas stations and boilers. Because the Yermo Annex houses the Marine Depot Maintenance Command, Production Plant Barstow, that entire annex is also subject to the additional Title V regulations."

"In all there are 106 permits: 13 on Nebo; 16 on Yermo; 77 specific to MDMC Production Plant Barstow," explained Leslie.

The compliance measures are all based on emissions and the Title V aspect requires them to self-report any deviations to the EPA.

"We are also required to report breakdowns within 24 hrs to MDAQMD" said Leslie.

"The air quality program is an integral part of the overall mission of MCLB Barstow," stated Violette Roberts, public information officer with MDAQMD in an email regarding the program on base. "A strong air program developed through communication and cooperation with MDAQMD provides MCLB Barstow the most cost-effective, flexible options to comply with all applicable local, state and federal air quality regulations."

The goal of the air program is twofold.

"The goal is to attain and maintain the national air quality standards that protect human health and the environment while supporting strong and sustainable economic growth," explained Roberts. "While supporting national security is MCLB's number one job, protecting the environment is also a distinct priority."

"As one of the premier supply and maintenance installations in the U.S., we proudly salute MCLB's commitment to protecting the air breathed by thousands of High Desert Residents while simultaneously supporting our nation's vital security efforts," said Brad Poiriez, executive director of MDAQMD.

"We had an outstanding team working on the improvements to the Air Program, including James Fejeran, Pat Dillow, and Cody Leslie. Mr. Leslie's diligent work on the air program was credited with much of the recent success," said Major Stacey Colon, Deputy Environmental Director.



Energy Action Month: Solar energy in the 21st Century

Submitted by: Vicki Davis

Program Analyst, Installation and Logistics

Did you know solar energy is the most abundant energy sources on Earth? Approximately 173,000 terawatts of solar energy strike the earth continuously, which is greater than 10,000 times the world's total energy use and enough energy is produced in an hour and a half to handle the entire world's energy consumption for a full year.

Solar energy technology has come a long way. The first solar cell was built by Bell Laboratories in 1954. The New York Times proclaimed this milestone as the beginning of a new era. In the 1950's the space industry also began using solar technology to provide power aboard spacecraft. The first artificial earth satellite powered by solar cells, the Vanguard 1, is still in orbit and has logged more than 6 billion miles.

Today, solar power demand in the US is at an all-time high. The installation of solar power has increased more than 23 times over the past eight years, from 1.2 gigawatts in 2008 to an estimated 27.4 GW at the end of 2015. That's enough energy to power the equivalent of 5.4 million average American homes, according to the Solar Energy Industries Association.

The US is currently the third-largest solar market in the world and is positioned to become the second. Even though cost for solar panels has significantly reduced making it a more economical energy choice, there still remain hurdles to overcome. These hurdles are frequently referred to as "soft costs" which refer to permitting, zoning, and connecting the solar system to the power grid.

There are two main types of solar energy technologies—photovoltaic and concentrating solar power. Here at Marine Corps Logistics Base Barstow, you're most likely to be familiar with PV system, which utilizes solar panels. When the sun shines onto a solar panel, photons from the sunlight are absorbed by the cells in the panel, which creates an electric field across the layers and causes electricity to flow.

The CSP systems work by using mirrors to reflect and concentrate sunlight onto receivers that heat a high-temperature fluid, which is used to spin a turbine or power an engine that drives a generator. The

advantage to the CSP systems lies in thermal energy storage capability, which is the ability to store the sun's heat in the form of thermal energy for use when the sun isn't shining.

Did you know the world's largest operating CSP energy plant is found here in the Mojave Desert? That's right! The Ivanpah Solar Power Facility uses concentrating solar power technology to focus 173,500 heliostats, each containing two mirrors, onto boilers located in three power towers. The plant came online in 2014 and has gross capacity of 392 megawatts. On your next trip to Las Vegas, be sure to look to your left just before crossing the state line to see this gigantic facility. You can't miss it.

Other solar technologies that are out there include solar power collection dishes. These systems use

precision mirrors attached to a parabolic dish to focus the sun's rays onto a receiver, which transmits the heat to a Stirling engine. This engine was developed two centuries ago and is considered an external combustion engine. They have a number of moving parts and do not have energy storage capabilities. The engine is a sealed system filled with hydrogen. As the gas heats and cools, its pressure rises and falls. The change in pressure drives the piston inside the engine, producing mechanical power, which in turn drives a generator



Photo by: Keith Hayes

Solar panels on the roofs of buildings on base are used to gather and store energy for future use.

and makes electricity.

These systems can be lighter than the original type, they are round instead of rectangular to allow for more efficient use of steel, have improved optics, and consists of 60 percent fewer engine parts. The revised design also has fewer mirrors — 40 instead of 80. This system has the highest efficiency of any form of CSP, converting up to 32 percent of incoming solar power to electricity, compared to around 15 or 16 percent for a power tower or parabolic trough designs. Another advantage of dish Stirling technology is that because it has a turbine on each concentrator it is a highly modular design. However, these benefits are tempered by some significant drawbacks. Dish Stirling engines lack the energy storage capabilities of other CSP designs and without storage, they essentially deliver power in the same way as PV and by comparison PV, right now, is considerably cheaper.





EMPLOYEE ASSISTANCE AND WORKLIFE

YourDONCEAP

BOUNDARIES

SETTING YOUR LIMITS DURING THE HOLIDAYS

Holiday stress can affect many things, including your closest relationships. Mutual respect should be the motivating factor for every interaction within a relationship. The holidays can tax this notion though, so out of respect — for yourself and others — you may need to communicate your boundaries with friends and loved ones.

Often, family members and long-term friends have difficulty seeing that you have changed and grown. Some may feel that they can treat you in the same way as they did when you were younger. By expressing the limits of acceptable behavior you can help maintain your self-respect and self-esteem.

Contact your Department of the Navy Civilian Employee Assistance Program (DONCEAP) for support when dealing with holiday stress.

Be clear

Boundaries may be different for each relationship. For example, you may be willing to drop everything when a close friend or family member needs something. On the other hand, with a recent acquaintance, you may feel that calling you late at night to pour out all their problems is too much.

Even with close friends and family, you may have to skillfully set limits. Some people may unknowingly take advantage of your kindness. It is healthier for all your relationships if you are clear and consistent about what your boundaries are.

Be specific

What are some limits you may need to make during the holidays?

- No lecturing about your choice of significant other, friends, career, etc.
- No manipulation about the things you can and cannot get done for the holidays (For example, you may not be able to bake the traditional cookies this year, because you are too busy.)
- No disrespectful or belittling language toward you
- No maneuvering to persuade you to change your schedule to stay longer

Be firm

Be firm, but gentle, when you have a conversation about what behavior is acceptable to you. For many relationships, you may have a strong trust that no boundaries will be crossed. If something does happen though, be prepared to have a one-to-one discussion about how the boundary was crossed, how it made you feel, and how you do not want it to happen again.

Use “I statements.”

Some people may have difficulties adjusting their behaviors to your request for limits. You may need to explain this more than once. “I statements” can help the other person understand how, when someone crosses a boundary you’ve set, it causes you to feel disrespected, or disappointed, or frustrated.

Using “I statements” may also help them see that you are not trying to control them — your request is for yourself and your emotional health. In an “I statement,” you begin with:

1. How something made you feel
2. Behavior that triggered the emotion
3. Your thoughts about what the behavior means to you
(Be aware that this is just your interpretation; the other person may experience it differently)
4. What new behavior would be acceptable

For example: “I feel slightly irritated when you call me ‘Mikey’ when I asked you to call me ‘Mike.’ It makes me think — and I may be wrong about this — that you do not care about my feelings and you do not see me fully as an adult. I wish you would call me ‘Mike,’ instead.”

Mutual respect should be at the forefront of your mind when you explain yourself. You would like to maintain your dignity and have the other person keep his or hers. So, be kind, yet firm, as you voice your limits and give the person the opportunity to change.

Be skillful

You need to be assertive and give a clear message with your boundaries, but presenting it in a skillful way can work to your benefit. A quiet one-to-one conversation can be a more productive and impactful way to present your request that your boundaries are honored. Making a statement in front of others can make the person defensive and less open to your request.

Be forgiving

Forgive those who did not understand what your boundaries were before you communicated them. Sometimes, it is simply ignorance of your needs that kept them from changing their behavior towards you.

Be consistent

Changes in behavior rarely happen overnight. You will likely need to reiterate your initial request to be treated respectfully a number of times before the other person is able to adjust to the new way of relating to you.

Setting healthy boundaries can make the difference between an enjoyable visit with loved ones or a disappointing and energy-draining encounter.

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International: 001-866-829-0270

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Services are confidential and offered as a **FREE** benefit to you and your family members.

Red Ribbon Week: October 23-31, 2016

What is Red Ribbon Week?

It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon throughout the week.

Why is it important?

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985.

This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drug. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a drug-free America.

Who should be involved?

National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. We are helping citizens across the

country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign. We invite you and your families and coworkers to join the cause!

Why support the national theme?

A theme unifies each year's campaign and helps to broadcast one message, creating a tipping point to change behavior.

